Simple Ways to Take Care of What Is Really Important (Adapted from Richard Carlson's <u>Don't Sweat the Small Stuff with Your Family)</u>



- Set a positive emotional climate.
- Give yourself an extra ten minutes.
- Learn from kids as they live in the moment.
- Forgive your outbursts.
- Listen to Her (to Him).
- Make peace with bickering, it is part of the package of parenting.
- Don't answer the phone.
- Think of taking care of your home like painting the bridge...a process.
- Keep your promises.
- Encourage boredom in your children...don't feed the idea of constant activity.
- Allow white space on your calendar.
- Ask yourself, "What messages am I really sending to my children?"
- Expect it to spill.
- Make light of being overwhelmed.
- Never miss a chance to say, "I love you."
- Develop your own reset buttons.
- Keep good company.
- Don't put yourself down.
- Set a good example.
- Fill your home with evidence of love.
- Let "Them" (can be anyone) win an argument for a change.
- Keep a sane pace.

- Let go of your expectations.
- Separate work from everything else.
- Work on absolute acceptance of those you love most.
- Acknowledge the unique hardships of your family.
- Remember actions speak louder than words.
- Become less easily bothered.
- Schedule time for kindness.
- Have family meetings.
- Remember to show your appreciation.
- Put things in perspective.
- Take it as it comes.
- Attend to feelings first.
- Imagine that someone else is in the room watching you.
- Stop repeating the same mistakes.
- Recognize when someone doesn't have an eye for something.
- Think in terms of: my child, my teacher.
- Look for incremental improvement.
- Remind yourself frequently what children really want.
- Speak softly.
- Stay playful.
- Think of something you did right today.
- Remember, it's the little things that will be remembered most.
- Be an example of peace.
- Embrace change.
- Remember, this too shall pass.
- Treat your family members as if this were the last time you were going to see them.